**Circle the correct answer.**

1. **What is a big problem in the UAE?**

/2

1. Eating fast food
2. Lack of activity
3. Watching too much TV
4. Working at McDonald’s
5. **Good examples of moderate activities are**

/2

1. Chores and studying
2. Walking and going to the gym
3. Running and swimming
4. Chores, gardening and walking

/2

1. **What will make you healthier?**
2. Sitting and watching TV
3. Camping in the desert
4. Anxiety and depression
5. Moving around more

/2

1. **How does exercise improve your life?**
2. Stronger bones, better memory, more self esteem
3. Chores, gardening, walking,
4. More obese, higher blood pressure, shorter life
5. Weight reduction, sedentary life, less afraid
6. **The word ‘obese’ is similar in meaning to**

/2

1. Overweight
2. Healthy
3. Beneficial
4. Active
5. **The author believes that \_\_\_\_\_\_ can help you live a healthy lifestyle.**

/2

1. Having drastic changes
2. Picking 3 foods you eat everyday
3. Exercising a little and eating better food
4. Eating full-fat salad dressing

**Short Response answers**

/4

1. **Explain two ways exercising is useful to us.**

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1. **What should you eat to be healthy. Explain.**

/4

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Longer Response answer.**

1. **How can changing your lifestyle make you healthier? Explain with examples.**

/5

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

/4